

# Personal Empowerment Every Body Matters!

**Studio Available to Rent**  
**Contact 480.390.6361 or**  
**[aplusfitwell@gmail.com](mailto:aplusfitwell@gmail.com)**

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Time/Day	Saturday
<p><b>Studio Available to Rent</b>  <b>Contact 480.390.6361 or</b>  <b><a href="mailto:aplusfitwell@gmail.com">aplusfitwell@gmail.com</a></b></p>						630-730 AM	Yoga Hatha/Flow
						745-845 AM	Foundation & Form Training
						900-1000 AM	Core & More
						1015-1115	Ease, Release & Stretch
						<p><b>Core &amp; More-Full body conditioning, using body weight</b></p>	
400-455 PM	Core & More	Core & More	Core & More	Core & More	Core & More	<p><b>Ease, Release &amp; Stretch-passive Yin style yoga</b></p>	
500-555 PM	Yoga Hatha/Flow	Yoga Hatha/Flow	Appointment/ Studio for Rent	Appointment/ Studio for Rent	Yoga Hatha/Flow	<p><b>Foundation &amp; Form - Group Training Session</b></p>	
600-655 PM	Foundation & Form Training	Appointment/ Studio for Rent	Foundation & Form Training	Appointment/ Studio for Rent	Foundation & Form Training	<p><b>Yoga Hatha/Flow synchronizing breath &amp; movement</b></p>	
700-755 PM	Ease, Release & Stretch	Appointment/ Studio for Rent	Appointment/ Studio for Rent	Appointment/ Studio for Rent	Ease, Release & Stretch		
7:30-830 PM	Appointment/ Studio for Rent	Ease, Release & Stretch	Appointment/ Studio for Rent	Ease, Release & Stretch	Appointment/ Studio for Rent		

**Subject to Change without Notice**  
**Effective 10/13/2018**